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IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (Currently Amended): An optical recording method for recording information in an optical recording medium comprising a grooved light-transparent substrate including grooves and lands and a phase change recording layer thereon, by irradiating a laser beam thereto through an objective lens in an optical system, wherein

the recording is carried out in a groove recording mode, in which only the grooves serve as a recording track, under the conditions:

$$0.48 \leq P_T / (\lambda/NA) \leq 0.74 \text{ and } P_T \leq 0.50 \mu\text{m},$$

provided that the laser beam used for recording has a wavelength λ , the objective lens has a numerical aperture NA, and recording tracks are arranged at a pitch P_T , [[and]]

wherein the grooves are located relatively closer to a plane through which the laser beam enters than the lands,

wherein said optical recording medium includes the recording layer, a dielectric layer, and a reflective layer stacked on the light-transparent substrate in the described order, and wherein the reflective layer has a thermal conductivity of at least 100 W/mK, and the dielectric layer has a thermal conductivity of at least 1 W/mK.

Claims 2-4 (Canceled).

Claim 5 (Previously Presented): An optical recording method for recording information in an optical recording medium comprising a grooved light-transparent substrate and a phase change recording layer thereon, by irradiating a laser beam thereto through an objective lens in an optical system, wherein

the recording is carried out in a groove recording mode, in which only grooves serve as a recording track, under the condition:

$$0.48 \leq P_T/(\lambda/NA) \leq 0.68,$$

provided that the laser beam used for recording has a wavelength λ , the objective lens has a numerical aperture NA, and recording tracks are arranged at a pitch P_T , wherein the recording forms a recorded mark having at least one end extending out of the groove, and

wherein said optical recording medium includes the recording layer, a dielectric layer, and a reflective layer stacked on the light-transparent substrate in the described order, the reflective layer has a thermal conductivity of at least 100 W/mK, and the dielectric layer has a thermal conductivity of at least 1 W/mK.

Claims 6-7 (Canceled).

Claim 8 (Original): An optical recording medium in which recording is carried out by the method of claim 1.

Claim 9 (Original): An optical recording medium in which recording is carried out by the method of claim 5.